

# REC *Express*

**Fall 2007**

Herndon Community Center 814 Ferndale Avenue, Herndon, Virginia 20170 • 703-787-7300 • www.herndon-va.gov



The RecExpress highlights just a few of the outstanding programs and events offered by the Herndon Parks and Recreation Department.

To discover all the programs and events we offer, view our Fall Quarterly Brochure at [www.herndon-va.gov](http://www.herndon-va.gov) or stop by the Herndon Community Center for a copy.

## TURKEY TROT 5K

**Saturday, November 17**  
The race starts at 4pm



Packet pick up and race day registration is from 2-3:30pm.  
2567.101

Long-sleeve T-shirts guaranteed to the first 500 pre-registered runners. Must pick up packet and T-shirt the day of the race. No packets or T-shirts will be available after race day.

Prizes to 1st and 2nd place winners in the following age groups: 10 & under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 & over.

A turkey and all the trimmings will be given to the overall male and female winners. Registration forms will be available at the Herndon Community Center after Sept. 24th. On-line registration available at [www.active.com](http://www.active.com).

Pre-registration -  
\$10 and a can of food for donation  
Race Day Registration -  
Adults \$15 and a can of food for donation  
Youth ages 18 & under - \$10 and a can of food for donation

All food will be donated to LINK.

Sponsored by:

**FOOTSTEPS**  
*Of Reston*  
"We Run this town" ®

## SPOOKTACULAR

Ages 2-10

It's a spooky Friday night in honor of Halloween! Bring your little goblin or princess to hang out with us at the Herndon Community Center in their SPOOKTACULAR costume for some great Halloween fun. Each participant will receive a Halloween treat bag, slice of pizza, chips, and a drink. There will be a parade in costume, arts & crafts, and some spooky magic entertainment. PARENTS MUST ACCOMPANY CHILDREN AT THE EVENT.

**Friday, October 19, 6:30-8:30pm**  
\$5/child-in advance or \$7/child-at the event 2520.501

## Cultural Arts Series



All performances held at:  
**Elden Street Players Industrial Strength Theatre, 269 Sunset Park Drive, Herndon**  
Tickets: \$10

**Saturday, October 6, 2007, 8-9pm**

**THE OKRA DANCE COMPANY -**



**RHYTHM DANCES FROM AROUND THE WORLD**

The Okra Dance Company takes you on an electrifying tour of Mexico, Greece, Hawaii, Japan, Italy, and the Caribbean. Enjoy the rhythm and cultures of these fascinating lands in this fast-paced, colorful production performed by two remarkable dancers.  
**2441.081**

**Saturday, December 8, 2007, 8-9pm**

**WINTER LIGHT: A CELTIC SOLSTICE CELEBRATION BY THE OCEAN QUINTET 2441.082**

## Children's Series The RTT's

**Monday, October 8, 2007, 10:30am**  
**Phoenix Worldgate Movie Theatre, Worldgate Drive, Herndon**  
Tickets: \$4-Advance/ \$5-At the Door



The RTT's, also known as The Rhodes Tavern Troubadours, are an award-winning rock and roll band from Washington, DC. The band showcases the fun in rock fundamentals, with bassist Mark Noone and drummer Jack O'Dell generating lots of color and momentum.

**2441.084**



## Town Square Singers "A COLONIAL CHRISTMAS"

Herndon Towne Square Singers present "A Colonial Christmas" in celebration of 400 years of Virginia history and heritage. Step back in time as we enjoy traditional carols and period music with instruments and customs of the past. Enjoy period instruments such as the drum and fife, dulcimer, harpsichord, and more.

The Elden Street Players' Industrial Strength Theatre is located at 269 Sunset Park Drive. Tickets are available at the Herndon Community Center or by calling 703-787-7300.

All tickets: \$10



<b>Thurs., November 29</b>	<b>7:30pm</b>	<b>2441.060</b>
<b>Fri., November 30</b>	<b>7:30pm</b>	<b>2441.061</b>
<b>Sat., December 1</b>	<b>7:30pm</b>	<b>2441.062</b>
<b>Sun., December 2</b>	<b>2:00pm</b>	<b>2441.063</b>

# Aquatics

## Senior Swim Time

Seniors can visit the pool for a reduced rate of \$2 all day on Tuesdays.

## Wacky Wednesdays

Every Wednesday 1-3pm for Ages 5 & under. \$5 per parent & child, \$1 for each additional child.

## Water Workout

Our Water Exercise program offers 25 hours a week of water exercise classes, 6 days a week, morning and evenings. There are a variety of classes and times to allow you to fit exercise into your busy schedule.

## Interested in a Learn-to-Swim Class?

Session 2 starts in mid-October and Session 3 starts in mid-November, call 703-787-7300 for availability.



## Lifeguarding Training Class

This class trains and certifies American Red Cross lifeguards. It is the most comprehensive course to date and includes rescue techniques, First Aid, and CPR/AED for the Professional Rescuer. Students must be 15 years old by the first day to be eligible to enroll. Participants must also pass a pre-course swimming test to remain in the course. The pre-course test includes: a 500 yard continuous swim consisting of 200 yards of freestyle, 100 yards of breaststroke, and 200 yards of either freestyle or breaststroke; swimming 20 yards to retrieve a 10 pound brick from a depth of 12 feet of water, and returning 20 yards with the brick swimming on back using legs only. *Students must attend all class sessions to pass this course!*



Ages 15 years and up

**1, 2 hour session, plus 5, 8 hour sessions**

Class	Day	Time	TOH/NR
2051.101			\$180/\$225
<b>Dec 22</b>	Sa	2-4pm	
<b>Dec 26-30</b>	9am-5pm		

Interested in learning how to be a certified Water Safety Instructor (WSI)?

For more information on the upcoming WSI training, please contact Kerstin Severin at 703.435.6800 x2128

# Special Interest

## Do you enjoy cooking or want to improve your skills?

Try one of our many cooking classes in the larger and renovated kitchen. We offer cooking classes for all ages.

### Featured classes include:

#### Adult Cooking for One

**Oct. 24, 6:30 p.m.**

#### Adult Holiday Baking

**Nov. 14 & 28, 6:30 p.m.**

#### Youth Spaghetti Pie

**Oct. 1, 4:45 p.m.**

#### Youth Thanksgiving Trio

**Nov. 19, 4 p.m.**

To learn more, visit [www.herndon-va.gov/recreation.html](http://www.herndon-va.gov/recreation.html) and click on Parks and Recreation, and then 2007 Fall Program Brochure.

# KID'S NIGHT OUT

Ages 5-11

This program offers an opportunity for parents to enjoy a night out while their children participate in gym activities, play board games, do arts & crafts, and much more! Cheese pizza will be served at 7pm, and a movie will be shown at 8pm. Each session will have a different theme (participants notified after registration). **THIS IS NOT A DROP-IN PROGRAM. YOU MUST PRE-REGISTER TO PARTICIPATE.**

### 1, 3.5 hour session

Class	Day	Time	TOH/NR
<b>October 5</b>			
2610.502	F	6:30-10pm	\$12/\$12
<b>November 2</b>			
2610.503	F	6:30-10pm	\$12/\$12
<b>December 7</b>			
2610.504	F	6:30-10pm	\$12/\$12

# Art Classes

## Pottery Lab

Pottery Lab is available to students enrolled in our pottery classes. Learning to use the potter's wheel takes patience, focus and practice – this is a great opportunity to work on your own with someone here to help you as needed.

Class	Day	Time	TOH/NR
<b>Beginning September 21</b>			
2141.003	F	6-9pm	\$8 each night or \$45 for pass

## Basic Photography Workshop – Ages 16 & up

Improve your photography by using proven photographic techniques, combining classroom and practical training.

### 2, 4 hour sessions

Class	Day	Time	TOH/NR
<b>October 7 &amp; 21</b>			
2141.005	Su	1-5pm	\$50/\$50

## Paint Your Own Pottery with Clay Café Studios!

Students will learn about how pottery is made and try their hand at painting a piece of pottery while learning several techniques. Students will make their choice of a small figurine, ice cream bowl or holiday ornament. \$5 material fee collected at class.

Ages 8-14

### 1, 1 hour session

Class	Day	Time	TOH/NR
<b>October 25</b>			
2141.021	Th	5-6pm	\$20/\$20
<b>November 29</b>			
2141.022	Th	5-6pm	\$20/\$20
<i>LIMIT: 15 Participants</i>			

Ages 15 & up

### 1, 1 hour session

Class	Day	Time	TOH/NR
<b>October 25</b>			
2141.024	Th	6-7pm	\$20/\$20
<b>November 29</b>			
2141.025	Th	6-7pm	\$20/\$20
<i>LIMIT: 15 Participants</i>			

# Holiday Event

## Santa's Workshop – Ages 3 & up

Bring your child to enjoy holiday fun at Santa's Workshop. Cost includes a visit with Santa, holiday tattoos, games, and lunch. Parent participation encouraged.

Registration deadline – Monday, December 10.

**2511.001**

**Herndon Community Center**

**Saturday, December 15, 11am-1pm**

**\$7 per child, \$3 per adult if eating lunch**



## Nature



Now more than ever children are not getting enough "green time" Sign up for a nature class and encourage your child to learn about their natural surroundings.

### BONES – Families, all ages

Get ready for Halloween! Let's explore the hard, dense, calcified tissue that forms the skeleton of most vertebrates. We have a huge collection of...BONES! You will be amazed at what we can learn from just a small fragment of bone or a large SKULL and furs! Meets at Herndon Community Center.

#### 1, 1.5 hour session

Class	Day	Time	TOH/NR
<b>November 3</b>			
2361.009	Sa	10-11:30am	\$5/\$5 per person

### Native American Craft: Dream Catcher – Ages 10 & up

Native Americans use legends and stories to promote powerful messages. Discover the meaning behind this powerful legend as we learn to weave a Native American Dream Catcher. This activity is better suited for older children and adults. All supplies will be provided. Meets at Herndon Community Center.

#### 1, 1.5 hour session

Class	Day	Time	TOH/NR
<b>November 16</b>			
2361.010	F	6-7:30pm	\$8/\$8 per family

### National Museum of the American Indian Tour – Adults only

Visit the National Museum of the American Indian (NMAI). Pack a picnic lunch or eat at the "Mitsitam Cafe" which serves native foods. Transportation by passenger van. Meet at Herndon Community Center.

#### 1, 6 hour session

Class	Day	Time	TOH/NR
<b>November 9</b>			
2361.011	F	9:30am-3:30pm	\$10/\$10 per person

### Winter Tracks of Sugarland Run – Families, all ages

Come out and join us as we look for tracks, scat, and signs of wildlife. Make a plaster track cast to take home and hang in your room. Learn what wildlife habitats exist in the park.

#### 1, 1.5 hour session

Class	Day	Time	TOH/NR
<b>December 8</b>			
2361.013	Sa	10-11:30am	\$7/\$7 per family

## Trips



### CHRISTMAS IN NEW YORK CITY

This annual trip will knock your "stockings" off! The trip will feature *Lion King* on Broadway, the Empire State Building with audio tour, a tour of Central Park and much more! Package includes 2 nights lodging in Secaucus, 2 breakfasts, 1 dinner, and all taxes and gratuities.

Deposit: \$150 accepted now through October 24th. Final Payment due no later than November 7. NO REFUNDS AFTER NOV. 5. Depart/Return: Herndon Community Center

**Friday, December 7, 6am – Sunday, December 9, 8:30pm**  
Call **703.787.7300** for detailed fee information.

### Atlantic City, New Jersey

#### Ages 21 & up

Play the slots, or stroll the boardwalk for some shopping. The trip includes a brown bag continental breakfast, motor coach transportation, driver, escort, six-hour stay at the casino, and a cash rebate from the hotel. No refunds.

#### 1, 15 hour session

Class	Day	Time	TOH/NR
<b>October 1</b>			
2840.101	M	7am-10pm	\$42/\$42

### George Mason's Gunston Hall Plantation – All ages

Join us as we travel to Mason Neck, VA, on a historical trip to George Mason's home, constructed circa 1755-1760. Trip includes driver/escort, transportation by 15-passenger van, tour, and lots of history!

#### 1, 4 hour session

Class	Day	Time	TOH/NR
<b>October 16</b>			
2860.201	T	8:30am-12:30pm	\$19/\$19

## Seniors

### Senior Cinema – Ages 55 & Up

Enjoy light refreshments and a movie – ALL FREE on the 1st and 3rd THURSDAY of every month (unless specified otherwise). All movies are rated PG or PG13. Showtime 10am.

<b>Oct 4</b>	<b>Night at the Museum</b>
<b>Oct 18</b>	<b>Dreamgirls</b>
<b>Nov 1</b>	<b>The Prestige</b>
<b>Nov 15</b>	<b>Catch and Release</b>
<b>Dec 6</b>	<b>The Queen</b>
<b>Dec 20</b>	<b>Casino Royale</b>

### Senior Adult Thanksgiving Luncheon – Ages 55 & Up

Enjoy turkey and all the trimmings, entertainment, door prizes, a goodie bag, and more! Please bring a canned good to donate to a local charity. Registration required in advance. Pick up from Kendrick Court and the Herndon Harbor House upon request.

#### 1, 2 hour session

Class	Day	Time	TOH/NR
<b>November 20</b>			
2551.201	T	11am-1pm	\$5/\$5

### Fall Foliage and Lunch – All ages

This trip includes a beautiful ride down Skyline Drive to enjoy the fall colors at their peak, as well as lunch. Trip includes transportation by mini-bus, escort, lunch and a great time!

#### 1, 7 hour session

Class	Day	Time	TOH/NR
<b>October 24</b>			
2860.301	W	9:30am-4:30pm	\$65/\$65

## TEEN SCENE

### TEEN AFTER SCHOOL PROGRAM

The HCC Teen Center is dedicated to teens, grades 7-12 (and 18 & under) every weekday afternoon from 2:30pm to 6pm. Featuring computers, a wide-screen TV and stereo system, open gym time and use of the game room, plus special events and activities scheduled each week.

Purchase a \$15 Teen Center Membership. Program begins on Thursday, September 20th! Drop-in fee \$3.50 per person.

### Six Flags Fright Fest

#### Grades 7-12

Six Flags is transformed into the biggest Fright Fest you have ever seen! As the day gets dark, the park lights up! Trip includes transportation by 15-passenger vans, driver/chaperone, and park ticket. \*Chaperones are welcome (must pay admission).

#### 1, 10 hour session

Class	Day	Time	TOH/NR
<b>October 13</b>			
2830.601	Sa	12-10pm	\$47/\$47



Town of Herndon Parks and Recreation Department  
P.O. Box 427, Herndon, VA 20172

703-787-7300  
www.herndon-va.gov

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Herndon, VA  
Permit No. 280

***"Promoting a sense of community and  
enriching the quality of life."***

## ECRWSS Residential Customer

### Tennis

#### **MEN'S DOUBLES TENNIS TOURNAMENT**

November 23-25  
Round Robin Format

Entry deadline Monday, November 19  
Play begins Friday, November 23.

Call 703-435-6800 x2114  
2751.401 - \$25 per player

#### **USTA SANCTIONED MEN'S OPEN SINGLES TENNIS TOURNAMENT**

December 26-29

Open to all USTA Members-Ages 16-80

Entry deadline Thursday, December 20  
2741.901 - \$38 per player

Session 1 of Indoor Tennis Lessons  
begins early October &  
Session 2 begins late November.  
Call 703.787.7300 for availability.

## 29th Annual Herndon Holiday Arts & Crafts Show

**Sunday, December 2, 2007 • 10am-4pm**

The Herndon Community Center will host over 100 arts and craft vendors offering unique gifts, holiday decorations, and handmade items. Refreshments available. Please, no baby strollers.



**Herndon Community Center  
814 Ferndale Ave.  
Herndon, VA**

**Free  
Admission &  
Parking!**

*Sponsored by The Herndon Parks and Recreation Department • 703-787-7300*